

## USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 02065, Spearmint, fresh <sup>a</sup>

Report Date: October 24, 2015 16:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	85.55	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Energy	kcal	44	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Energy	kJ	184	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Protein	g	3.29	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Total lipid (fat)	g	0.73	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Ash	g	2.03	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Carbohydrate, by difference	g	8.41	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Fiber, total dietary	g	6.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
<b>Minerals</b>													
Calcium, Ca	mg	199	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Iron, Fe	mg	11.87	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Magnesium, Mg	mg	63	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P	mg	60	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Potassium, K	mg	458	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Sodium, Na	mg	30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Zinc, Zn	mg	1.09	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Copper, Cu	mg	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Manganese, Mn	mg	1.118	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	13.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Thiamin	mg	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Riboflavin	mg	0.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Niacin	mg	0.948	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Pantothenic acid	mg	0.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Vitamin B-6	mg	0.158	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Folate, total	µg	105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	105	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Folate, DFE	µg	105	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/1996
Vitamin A, RAE	µg	203	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	4054	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.191	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
14:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
16:0	g	0.137	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
18:0	g	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Fatty acids, total monounsaturated	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
18:1 undifferentiated	g	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Fatty acids, total polyunsaturated	g	0.394	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.054	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
18:3 undifferentiated	g	0.338	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1996
Phytosterols	mg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/1996
<b>Amino Acids</b>													
Tryptophan	g	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Threonine	g	0.135	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Isoleucine	g	0.135	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Leucine	g	0.247	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Lysine	g	0.141	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Methionine	g	0.046	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Cystine	g	0.036	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Phenylalanine	g	0.168	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Tyrosine	g	0.099	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Valine	g	0.164	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Arginine	g	0.151	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Histidine	g	0.066	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Alanine	g	0.171	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996

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Aspartic acid	g	0.388	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Glutamic acid	g	0.358	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Glycine	g	0.158	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Proline	g	0.135	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996
Serine	g	0.128	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1996

**Footnotes**<sup>a</sup> Leaf